



CATEGORY	METRIC	VISIT 1	VISIT 2	VISIT 3	VISIT 4	VISIT 5
		Week -1	Week 0	Week 12	Week 13	Week 17
		LEAD-IN	BASELINE	POST-TRAIN	POST-DE-TRAIN	POST-RE-TRAIN
Consent, Questionnaires, Familiarization	Informed consent					
	Garmin activity tracker setup	(worn for entire study)				
	Continuous Glucose Monitoring (CGM) setup	(worn for entire study)				
	Exercise training familiarization					
	De-training familiarization					
	Health questionnaire					
Body Composition and Systemic Evaluation	DEXA scan					
	Blood sampling					
Macrovascular Measures	Blood pressure					
	Arterial stiffness and thickness					
	Vasodilatory function (FMD)					
Strength and Aerobic Fitness Testing	Strength testing					
	Aerobic fitness testing					
Intramuscular Measures	Motor neuron evaluation					
	Contrast Enhanced Ultrasound (CEUS)					
	Resting muscle biopsy					
Estimated Visit Time (hours)		4	2	4	3	4